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Free Speech

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ICCW Welcomes New Members for 2008—2009

Kristan Barbour (A) AGR
 Debbie Barela (V) DNR
 Stacy Bruhn (V) (MSL)
 Linda Davis (V) DOA
 Melanie Denning (V) DOA
 Cassie Egbert (A) AGR
 Kathleen Ely (A) SOS
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 Brandi Hamilton (V) MDT
 Ann Hagen-Buss (V) HHS
 Tara Hanley (V) Lottery/DOA
 Ty Hilger (V) DMA
 Betty Huckins (A) DOJ
 Sheree Isola (V) HHS
 Jennifer Johnson (V) DLI
 Lissy Kougl (A) COR
 Casey Kyler-West (A) DLI
 Sheila Martin (V) LIV

Frances O'Hara (V) HHS
 Susan Ockert (V) DOC
 Colleen Owen (V) DEQ
 Sarah Pallis (V) SOS
 Nancy Podolinsky (V) FWP



Lisa Smith (V) OPI
 Janice Traynor (A) DMA
 Cindy Trimp (V) COR
 Fran Viereck (A) COM
 Barbara Wagner (V) DLI
 Jackie Williams (A) GOV
 TBD (V & A) DEQ
 TBD (A) DNRC
 TBD (A) DOR
 TBD (A) FWP
 TBD (A) HIS
 TBD (V & A) LEG
 TBD (A) LIV
 TBD (V & A) MDT
 TBD (A) OPI
 TBD (A) REV

V = Voting Member
 A = Alternate Member

What will 2008 — 2009 Bring?

ICCW has projects that still need work carried over from last year. Some of those projects are:

- ◆ continue efforts to hold exercise classes and massage therapists on state property
- ◆ continue the internet based survey to Montana's women workforce

- ◆ continue development of an events guidelines and events worksheet
- ◆ assist the Governor's Women's Conference Committee with its November conference
- ◆ plan and hold the 11th Annual ELA Ceremony
- ◆ partner with Race for the

Cure Committee

- ◆ partner with the Governor's office and Dept. of Labor with the 7th annual Take Our Daughters and Sons to Work Day
- ◆ continue Free Speech and updating ICCW's web site with current information

Let's have a grand year!

Why Women Should Vote

This is an recitation of an email that has been circulating. It is regarding a movie called "Iron Jawed Angels". ICCW is looking into providing an opportunity to view this movie and have some discussion following.

This is a story of our Grandmothers and Great-Grandmothers years ago. Remember it was not until 1920 that women were granted the right to go to the polls and vote.



The women were innocent and defenseless, but they were jailed nonetheless for picketing the White House, carrying signs asking for the vote.



And by the end of the night, they were barely alive. Forty prison guards wielding clubs and their warden's blessing went on a rampage against the 33 women wrongly convicted of "obstructing sidewalk traffic".



Lucy Burns

They beat Lucy Burns, chained her hands to the cell bars above her head and left her hanging for the night, bleeding, and gasping for air.



Doris Lewis

They hurled Dora Lewis into a dark cell, smashed her head against an iron bed, and knocked her out cold.

Her cellmate, Alice

Cosu, thought Lewis was dead and suffered a heart attack. Additional affidavits described the guards grabbing, dragging, beating, choking, slamming, pinching, twisting, and kicking the women.

Thus unfolded the "Night of Terror" on November 15, 1917, when the warden at the Occoquan Workhouse in Virginia ordered guards to teach a lesson to the suffragists imprisoned there because they dared to picket Woodrow Wilson's White House for the right to vote.

For weeks, the women's only water came from an open pail. Their food—all of it colorless slop—was infested with worms.

When one of the leaders, Alice Paul, embarked on a hunger strike, they tied her to a chair, forced a tube down her throat and poured liquid into her until she vomited. She was tortured like this for weeks until word was smuggled out to the press.

So, refresh my memory. Some women won't vote this year because—why, exactly? We have carpool duties? We have to get to work? Our vote doesn't matter? It's raining?

Last week, I went to a sparsely attended screening of HBO's new movie "Iron Jawed Angels." It is a graphic depiction of the battle these women waged so that I could pull the curtain at the polling booth and have my say. I am ashamed to say I needed the reminder.



Pauline Adams in prison garb she wore while serving a 60 day sentence.

All these years later, voter registration is still my passion. But the actual act of voting had become less personal for me, more rote. Frankly, voting often felt more like

an obligation than a privilege. Sometimes it was inconvenient.

My friend Wendy, who is my age and studied women's history, saw the HBO movie, too. When she stopped by my desk to talk about it, she looked angry. She was—with herself. "One thought kept coming back to me as I watched that movie," she said. "What would those women think of the way I use, or don't use, my right to vote? All of us take it for granted now, not just younger women, but those of us who did seek to learn. The right to vote," she said, "had become valuable to her all over again."

HBO will run the movie on video and DVD. I wish all history, social studies and government teachers would include the movie in their curriculum.

We are not voting in the numbers that we should be, and I think a little shock therapy is in order. It is jarring to watch Woodrow Wilson and his cronies try to persuade a psychiatrist to declare Alice Paul insane so that she could be permanently institutionalized. And it is inspiring to watch the doctor refuse. Alice Paul was strong, he said, and brave. The doctor admonished the men: "Courage in women is often mistaken for insanity."

Please pass this on to all the women you know. We need to get out and vote and use this right that was fought so hard for by these very courageous women.

Stay tuned for information of a possible showing of "Ironed Jawed Angels" sponsored by ICCW.

Edith Ainge,
Jamestown, NYBerthe Arnold,
CSU graduate

Helena Hill Weed, Norwalk, Conn, serving a 3 day sentence in DC prison for carrying banner, "Governments derive powers form the consent of the governed."

Source: Connie Schultz, The Plain Dealer, 1801 Superior Ave., Cleveland, OH 44114, CSchultz@plained.com., August, 2004.

"Once people see you're serious about getting things done they'll want to join in."

- John Wesley

Inactive or Doer?

Do you sit back and wait for others to raise their hands to volunteer? Do you hesitate to share ideas? Leaders are doers. Leaders get things done. Their ability to get things done supersedes intelligence, talent, and connections to advance up the professional ladder.

What if you already had what it takes to be a leader and you just haven't realized it yet. For instance: perfect conditions — the timing has to be right will never come. In the real world, there is no perfect time to start. Take action and deal with

the problems as they arise. Be a doer — practice doing things rather than thinking about them. Ideas alone don't bring success — do something about it; implement your ideas. One good idea put into action is better than a dozen brilliant ideas. Action cures fear — the most difficult time to take action is the first time. After the ball is rolling, you'll build confidence and things will keep getting easier. Start your engine — don't wait for inspiration. Instead of waiting, start your creative motor mechanically. Live in the present —

focus on what you can do in the present moment. The only time you can affect is the present, not the past or future. Get down to business immediately — get to the point and be more productive and people will look to you as a leader.

It takes courage to take action with instructions from the person in charge. Take the initiative and get used to acting independently.

Source: 7 Ways to Grow the Action Habit, www.pickthebrain.com/blog/grow-the-action-habit/print

Free Speech Updates



"Wanted"
Used DVDs & Videos

In the September, 2007 newsletter, we requested some assistance from agencies. ICCW is still in need of assistance with a couple of projects.

The ICCW Across Montana Subcommittee was unable to complete the development of an internet based survey mirroring the original survey from 1977 regarding women's attitudes toward work with the intention of circulating the survey. ICCW is look-

ing for agencies to sponsor the production and mailing of the survey to women voters across the state who may not have access to the electronic version.

Also, ICCW is still requesting donations of training materials. If any of the agencies have training materials that they will no longer be using, ICCW would welcome the donation of those videos and DVDs to its lending library. Or if any state employee

has any self-improvement videos and DVDs that they no longer need, we would be happy to add those to our lending library.

For more information regarding either of these requests, please contact Barbara Bessey, Vice-Chair @ (406) 444-4493 or bbessey@mt.gov.

Training Resources

ICCW training materials that are available for check out:

No More Chains: the real you... getting it back — Are you tired of getting hurt by others? Have you lost "the real you" because you are busy trying to satisfy everyone else's needs? Are you stressed out and need to organize your chaos? Have you allowed the expectations of others

hold you back? If you knew that you could not fail, would the focus of your life be different?

Through this program you will: Guard your feelings and react to conflict with wisdom instead of emotions. Develop your confidence and strength that has been hidden underneath the cares of life. Learn step-by-step verbal come-backs when being attacked. Dis-

cover how to finally say no without shame or guilt. Take a stress test and find out how balanced you really are. Discover how your generation has influenced who you are. Go on a professional life journey that will unravel "the real you".

For a complete list of training resources and check out instructions please visit our web site.



ICCW

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Creating positive change for all state employees by promoting the full participation of women in state government.



Lending a Hand



Well, it is another new year for ICCW. New hands to shake, new faces to remember, and new names to add to the e-mail list.

Each person came to volunteer for ICCW for different reasons. Each new and old member of ICCW brings something new to the business at hand.

I would like to encourage anyone, member or reader to consider lending a helping hand in your own special way.

"Put yourself on view. This brings your talents to light." — Baltasar Gracian.

We all have our own special talents whether they are known or unknown. It is all about taking a chance, explore

possibilities, and try something new. We love thinkers who "think outside of the box".

Researching, "surfing the net", writing, and editing this newsletter can be a very time consuming process. Monthly ideas sometimes come very quickly when there are holidays that month, or "awareness" months on various topics. Researching and writing can be time consuming. Fun stuff like searching for photos/clip art, quotes, and jokes is relatively easy. But, in the long run, I know I could really use some help.

We all know that "procrastination" is the evil word that goes hand in hand with the word "deadline". I am only human and fall very close to the monthly deadline of the last day of

Please forward stories or thoughts to bbessey@mt.gov

the month to have an issue of Free Speech posted. We all get "busy with our jobs" is so true.

I truly welcome any assistance that anyone would be able to give me. I know that there are very talented people in state government. The newsletter is for all employees' enjoyment and as an informative avenue of information.

"Storybook happiness involves every form of pleasant thumb-twiddling; true happiness involves the full use of one's powers and talents." — John William Gardner.

